## <u>Kids and Kidney Health Activity Sheet</u> <u>Answer Key!</u>

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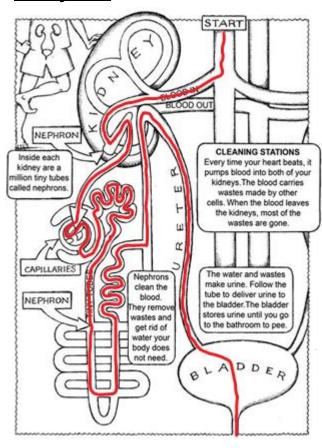
When kidneys stop working, it is called kidney <u>failure</u>. When the kidneys fail people go on <u>dialysis</u> or receive a <u>transplanted</u> kidney. Luckily, there are ways to help keep your kidneys <u>healthy</u>. Drink <u>water</u> and eat right by using Canada's food guide. Choose many colourful <u>fruits</u> and <u>vegetables</u> to eat. Also, try and avoid <u>fried</u> foods, or foods high in <u>sodium</u>. Keeping fit and <u>active</u> is also a good way to stay healthy.

## True or False?

- 1) Your kidneys help control several body functions.
  - T/F
- 2) You need two functioning kidneys to live.
- Kidneys remove waste and extra water from the blood to make urine.
  - T/F
- 4) The kidneys make 1-2 litres of urine a day. T / F
- 5) Only the elderly go into kidney failure.T / F

## **Word Search** AXWNE U H E J P $\mathbf{Z}$ A P \$ R R G Y В P U M U I M G F C Α N M þ U D E E Α S D E A B J R N KKDXLSH A LN O O D J X O K I D N E Y S U HGIFTELCYCERKGJ

## **Kidney Maze**



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